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Hundreds mourn couple's death


COLLISION Hundreds of mourners have tuned into a Facebook memorial page to express their sorrow over the death of a Red Deer couple killed in a crash that left their five children orphaned.

Krista and Brad Howe were killed in a collision Sunday morning and there's been an outpouring of support for the five children they left behind.

"Krista was a wonderful mother and Brad was a nice man. We went to church with them. My heart breaks for the girls," one mourner wrote on the Facebook page.

KRISTA SYLVESTER/METRO CALGARY

News on the Move
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Vancouver Games
Countdown to 2010
 Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
 • Today — Controversy at Salt Lake Games leads to revised scoring system for figure skating, page 20



On the web
 Visit metronews.ca for news updates

Colonel faces murder rap

Allegations against CFB Trenton's commander shock military brass

The Canadian military was rocked to its core yesterday following the bombshell allegation that the colonel in command of the country's largest air force base had killed two women and sexually assaulted two others.

Col. Russell Williams, a 46-year-old career member of the Canadian Forces, was charged yesterday with first-degree murder in the deaths of Jessica Lloyd, 27, of Belleville, and Marie France Comeau, a 38-year-old corporal with CFB Trenton's 437 squadron who was killed last November. "We're all shocked," said Lt. Annie Morin, a public affairs officer at CFB Trenton. "The wing commander has been a man that's been respected and very much liked, so this news came as a very big shock for pretty much everybody on the base."

Williams was an elite pilot, a "shining bright star" of the military who rose through the ranks during his 23-year career to fly the prime minister and Governor General across Canada and overseas in one of four Canadian Forces Chal-

lenger jets.

He is now also charged with sexual assault and forcible confinement in attacks on two other women in the region during home invasions last September.

Williams was appointed as the base commander of CFB Trenton last July. The high-profile military base is where troops depart from for Afghanistan and where repatriation ceremonies are held honouring slain soldiers. It is also a major search-and-rescue base and the main staging site for aid to Haiti.

Yesterday, military brass expressed their condolences to the family's of the victims and shock at who police had named as the suspect. "I never worked with



Jessica Lloyd



Marie Comeau



Col. Russell Williams has been charged with first-degree murder in the deaths of Jessica Lloyd and Cpl. Marie France Comeau, along with sexual assault and forcible confinement in two other cases.

him closely and didn't know him personally," said Maj.-Gen. Yvan Blondin, commander of 1 Canadian Air Division and Williams' superior officer.

"As far as I know from what I've seen from his file, he was just a shining bright

star. If you talk to people on the wing they would probably tell you that they admired the wing commander ... Everybody is so surprised, we just do not know what to think about this."

The charges raised questions about whether mem-

bers of the military are required to undergo regular psychiatric testing as they assume higher command.

Blondin said such testing would only be ordered if there were signs of a problem.

THE CANADIAN PRESS

Province may download Deerfoot maintenance to city

KRISTA SYLVESTER
krista.sylvester@metronews.ca

COSTS Calgary taxpayers could be on the hook for up to \$8 million in the future if the province follows through on possible plans to hand Deerfoot Trail maintenance back to

the city.

While discussions are far off, the handover, if approved, wouldn't go ahead until after the ring road is completed in 2013, according to Alberta Transportation, but the move could cost the city between \$5 to \$8 million in maintenance and snow-clearing costs.

Calgary Ward 13 Ald. Diane-Colley Urquhart says the notion caught city council off-guard. The province took responsibility for the 50-kilometre road 10 years ago.

"It's not something that really has ever been discussed before so it does come of somewhat a sur-

prise and we'll have to prepare for the consequences of it," Colley-Urquhart said.

Alberta Transportation confirmed the Transportation Minister Luke Ouellette would like to discuss the possibility, but said it wouldn't be anytime soon.

Calgary driver Patrick Brown said he is more wor-

ried about the city's ability to maintain the road than the cost.

"I have seen how the city clears roads, and the Deerfoot could become even more of a mess," he said.

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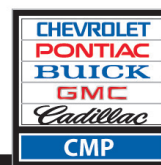
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Local



Second show bubbles up

After much demand, a second show has been added in Calgary for Michael Buble, after the initial show sold out the first day. The second show has been added on Wednesday, Aug. 18, and tickets will go on sale Saturday at all Ticketmaster locations for \$49, \$79 and \$119 at www.ticketmaster.ca. METRO CALGARY

News in brief

SPACE DEGREE Canadian astronaut Bob Thirsk, who spent six months aboard the International Space Station last year, returned to the University of Calgary to receive the hard-copy of his diploma after it was granted to him in a special ceremony while he was in space last July. Thirsk says it's great to be back on Earth, that but he still misses his time in space "flying around like Superman."

THE CANADIAN PRESS

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Folks! Who is going to run and beat @bpincott in Oct?. Let me know and I'll be the first to Donate some cash and time! #yyccc

@Nikeki403 I am 4 tweets away from 2000. Either I am epically awesome, or incredibly lame. #yycc

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WHAT'S ONLINE TODAY

Blogs Sexcetera checks in with some unique Valentine's Day gift ideas and fashion columnist Kenya Hunt goes style-watching in New York City



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Cops open fire on car

Chief backs officers who shot at car that hit one of them

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgary police Chief Rick Hanson is defending the actions of two officers who opened fire on a suspect who struck an officer while allegedly fleeing police in a stolen vehicle.

The 21-year-old suspect, who is known to police, remains in hospital with non-life-threatening injuries to his hand and face after five shots were fired, according to Hanson.

The incident unravelled during a routine traffic stop in McKenzie Lake SE at roughly 3 a.m. yesterday when the two officers tried to pull over a car they saw driving erratically.

Hanson said as the officers approached the vehicle, the driver accelerated and struck one of them, at which point both officers



Calgary police survey a second crime scene in McKenzie Lake where a suspect ended up after striking a police officer at another location in the community. The man is recovering in hospital with injuries he received when shots were fired.

fired shots at the vehicle. "The suspect chose to take actions that put our officers in jeopardy. Our

officers had every right to protect themselves," Hanson said.

Police found the dam-

4 The number of cop-involved shootings in 2009 — two of which were fatal. This is the first in 2010.

aged vehicle minutes later nearby and found the suspect hiding under a canoe.

Calgary police association's John Dooks said officer-involved shooting are "one of the most traumatically difficult" experiences for an officer. The officers, a two-year member and a seven-year member, are "doing as well as can be expected," Dooks said.

"These officers are the victims; they were forced to use their firearms to defend themselves and the public," he added.

The seven-year member was treated in hospital and released.

The Alberta Serious Incident Response Team is investigating.

Cuts 'spread around' as province tackles deficit

ECONOMY Alberta's Conservative government will attempt to bail the province out of a record deficit today with a new tight-fisted budget.

But with the most volatile revenue flow in all of Canada, Alberta could end up being swamped by a drop in energy prices or an expected boost in the dollar.

"Absolutely," conceded Finance Minister Ted Morton yesterday as he posed

with the budget documents for reporters.

"Every time the dollar goes up by a penny, it costs us \$225 million in lost revenues. That's why I'm going to give this budget with a sense of optimism, but also with a sense of caution."

The best example of Alberta's wild revenue swings came two years ago when projec-

tions of a record surplus in the summer became warnings of a record deficit by winter after a huge drop in oil and natural gas prices.

A year ago, Premier Ed Stelmach promised a \$2-billion "fiscal correction" in this budget. Unions and public agencies have been bracing for job and program cuts.



Ted Morton

Morton, who took over the finance portfolio in a recent cabinet shuffle, is trying to dampen some of the gloomy predictions, but he conceded that "difficult times call for difficult choices."

"Does everybody hurt a little? Yeah. But I think it's a fair budget and the cuts have been spread around. It asks everybody to give up a little, but it doesn't target any one group."

THE CANADIAN PRESS

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Facing charges of sexually assaulting a Rocky Mountain House child under six years old while out on bail for similar crimes, suspect Dexter Strawberry, 54, decided to turn himself into police yesterday, his lawyers said. The child was allegedly sexually assaulted in a home on the Sunchild First Nation, 170 kilometres northwest of Calgary. **METRO CALGARY**

Find out what lies beneath

Body Worlds exhibit coming to Telus World of Science

WYNZIE CHAI
for Metro Calgary

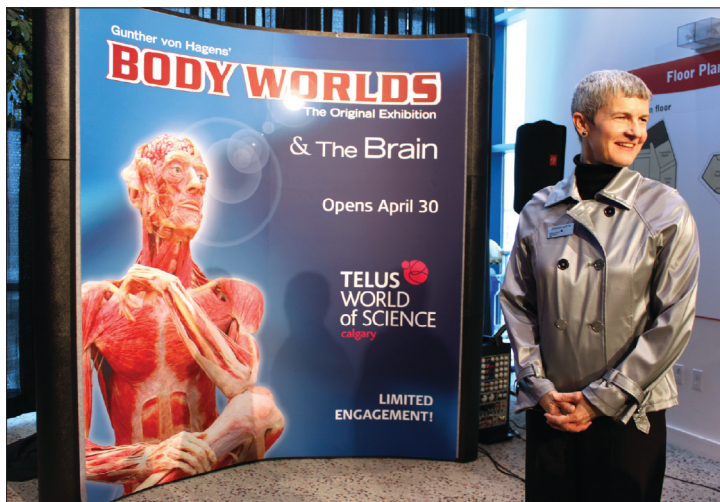
If an "insider's" view of the human body is your thing, a new science centre exhibit is sure to have you jumping from your skin.

The Calgary Telus World of Science will play host this spring to Gunther von Hagen's Body Worlds and the Brain, the internationally acclaimed travelling exhibition.

The Canadian premiere of the exhibit will launch in Calgary on April 30 and features over 200 specimens, including 20 fully preserved bodies, or plastinates.

Body Worlds exhibitions have been in over 47 cities around the world, and have been seen by over 29-million visitors.

"It's a science-based exhibit, but is very much in a museum style," said Rheinz Reese, the project manager



Jennifer Martin, CEO of the Telus World of Science centre, unveils an upcoming exhibit that shows the human body in a unique way.

for Body Worlds.

This exhibition will feature the very latest in neuroscience, and includes information on brain development and function, as well as brain disease and

disorders. It is expected to be 50 per cent larger than the previous Body Worlds exhibition in Edmonton in 2008.

"As always, our goal is to provide the best experience

for our guests," said Jennifer Martin, the Calgary president and CEO of the Telus World of Science.

"You won't look at other people or yourself in the same way after this."

Man facing murder charge in wife's death

CRIME Police have charged the husband of a woman who died in hospital Sunday after police were called to a northwest home for a "collapse complaint."

Police spokesperson Kevin Brookwell confirmed Yanrong Cheng, 41, died after being brought to hospital in medical distress.

Brookwell said Shengjun An, 43, was charged with first-degree murder late yesterday afternoon. He is set to appear in court today.

Two girls, aged three and 15, were taken from the home and are in emergency care, Brookwell said.

Neighbours reported hearing arguments from the home in the 0-100 block of Edgemoor Drive NW in the past and Brookwell confirmed police were called to the home once in 2009 for a



Police were called to a home in Edgemont Sunday after reports a woman had collapsed. She died later in hospital.

"verbal argument," but no charges were laid.

A man who identified himself as Stan said he lives next door to the home and the middle-aged couple were seemingly normal.

"They were quiet, I would see them come and go. It's shocking to hear this, everything seemed fine," he said.

KRISTA SYLVESTER/
METRO CALGARY

Council approves study of southwest bus rapid transit

BRT The city will explore the need and cost of a southwest Calgary bus rapid transit (BRT) after city council approved the motion at yesterday's meeting.

Ward 11 Ald. Brian Pincott put forth the motion, hoping the city might embark on a new path for delivering mass-transit service south of Glenmore reservoir, along the 14 Street SW corridor to Anderson Road, linking it with the downtown core.

Pincott told council he wanted to take the city's current "BRT-lite" up a

notch. While aldermen had questions about the timeline and exact nature of the BRT as it pertained to the West LRT, it was generally accepted.

"There's nothing here that doesn't make sense to me," said Ald. Ric McIver.

A report is expected back to council by December 2010.

DARREN KRAUSE/METRO CALGARY

Scope of interchange expanded

GLENMORE City council agreed to include the intersection of 37 Street SW and Richardson Way SW in a scoping study for 37th and Glenmore Trail.

Ald. Joe Connelly was concerned that interchange work done on the Glenmore Trail 37 Street SW corridor would seep into the Richardson Way area and

into the Mount Royal University grounds.

He therefore asked that the intersection be included in the scoping study on the project, "so that when we do go ahead and make the interchange at Glenmore and 37th, were not just going to move the problem north ... to Richardson Way."

METRO CALGARY

News in brief

CAMPUS More than 100 employers from across Canada will attend the 2010 Career and Job Expo hosted by the career services department at the University of Calgary. The on-campus event intends to bring students and alumni together with prospective employers today between 10 a.m. to 3 p.m. at the Jack Simpson Gymnasium, upper track. A campus map is available at ucalgary.ca/map.

DRAGONS' DEN Would-be entrepreneurs are invited to audition for one of the hottest shows on Canadian television – and they can do it right here in Calgary. Dragons' Den will

include Calgary on its 40-stop Canadian audition tour, and candidates can pitch their ideas March 19 and 20. Go to cbc.ca for more information.

ROBBERY Police say a pizza-delivery man was robbed at 3 a.m. Sunday after four to five people donning masks allegedly threatened him and stole the money and the pizza in the Joseph Marquis Crescent SW area. The suspects are believed to be between 16 and 25 years old and were wearing dark-coloured clothing and masks. Anyone with information is asked to contact police at 403-266-1234.

METRO CALGARY



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FONTYNE, Gladys Joan
FWOLLE, Lyle Weldon
GANT, William (Bill) George Bruce
GASCHNITZ, Kathleen (Kay) (nee McKee)
GRAHAM, Joan Antonia (nee Molinski)
HALLETT, Louise Marian
HARWOOD, Ted
HILLMAN, Shirley Margaret (nee Morris)
KOHNEN, Helmut Bernard "Hal"
KOTOWSKI, Martin August Anton
LINDSAY, Vivienne Gail
MCDONALD, Kenneth (Ken) Harry
MOGHADAM, Hossein (Dr. Joe)
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OCAMPO, Francisca Donalvo
PYKE, Evelyn Theresa Mary (nee Cormier)
REISINGER, Phyllis Mary (nee Harding)
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A man says he's been banned from two Tim Hortons outlets in St. Andrews, N.B., because of his complaints about the decaf. The company says he was aggressive with staff. **THE CANADIAN PRESS**

Canada



Energy tops for PM

Harper in Calgary to address businesses

Cal Nichols, chairman of the Alberta Enterprise Group, said after the meet-

Women and
children first,

PRIORITIES NDP Leader Jack Layton says it's fine for Prime Minister Stephen Harper to call for the world to make maternal-child health a priority in developing countries, but says that kind of initiative should start in Canada. Layton called on all federal political MPs to make women and children in Canada a priority in the next session of Parliament. **THE CANADIAN PRESS**



Jack Layton

a point when there's limited funds, but I think the programs that are in place



- He declined to say whether there would be repercussions for the aide to Christian Paradis, who was transferred with his minister to Natural Resources last month.

a point when there's limited funds, but I think the programs that are in place

Doug Mitchell, co-chairman of law firm Borden Ladner Gervais, said specific requests for the upcoming budget were not discussed. **THE CANADIAN PRESS**

Heart health plan could save money, and lives

The strategy promotes healthier living — less smoking, more exercise, better diet — to reduce some of the underlying

"The cost burden of these diseases will decrease substantially, leading to cost savings for the health system, governments and the Canadian economy," he said.

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Two charged in assault of 'homeless hero'

Two people have been charged with aggravated assault in the vicious attack of a homeless Winnipeg man. **THE CANADIAN PRESS**

Vancouver Coast Guarding the Games



A Canadian Coast Guard ship sails past a set of Olympic Rings in Vancouver harbour. The Vancouver Winter Olympic Games begin this Friday.

Pressure for Senate reform rising

Canadians want senators elected: Poll

A new poll suggests Canadians would much rather reform the unelected Senate than abolish it or keep it as it is.

The Canadian Press Harris-Decima survey indicates 59 per cent of respondents believed senators should be elected.

By contrast, only 27 per cent thought the Senate should be abolished, and a mere 10 per cent wanted the prime minister to continue appointing senators.

The survey was conducted just as Prime Minister Stephen Harper was appointing five more partisans to the Senate — finally giving the Conservatives the numerical upper hand in the red chamber.

Harper has indicated that he will use his party's

The survey

- The telephone survey of just over 1,000 Canadians was conducted Jan. 28-31.
- A survey this size is considered accurate within 3.1 percentage points 19 times in 20.

newfound Senate dominance to revive legislation that would impose term limits on senators and create a process to elect them.

His past attempts at reform have foundered, with scant opposition party support and strong objections from four provinces, including Ontario and Quebec. The Harper government maintains its reforms need only parlia-

mentary approval, but the four provinces disagree. They contend changes to the upper house can only be achieved through a formal constitutional amendment approved by at least seven provinces.

Quebec has threatened to make that argument in court if Harper tries to proceed without provincial consent. It indicates majority support for electing senators in every region of the country.

Support for abolition was highest in Quebec, where 43 per cent favoured doing away with the Senate entirely versus 46 per cent who favoured electing senators and eight per cent who were content with the status quo.

THE CANADIAN PRESS

Ad touts U.S.-Canada ties

OLYMPICS A 30-second commercial lauding the close ties between Canada and the U.S. will air on Washington's NBC affiliate throughout the upcoming Vancouver Winter Games.

The organization behind the ad, the Canadian American Business Council, says it marks the first time such a commercial has aired to an audience of powerful movers and shakers during such a significant, avidly watched event.

"Our research shows that while there's enormous goodwill towards Canada in the United States, there is very little understanding of the importance of the relationship," Maryscott Greenwood, executive director of the council said. One of the primary goals of the commercial, is to let Americans know that Canada and the U.S. share the world's largest trading partnership.

THE CANADIAN PRESS

Premier Dexter regrets mistake

POLITICS Nova Scotia Premier Darrell Dexter — who was found to have spent excessively and inappropriately — is ordering the Speaker's Office to release a list of expenditure claims made by members of the provincial legislature. Dexter admitted he used public money to buy a digital camera and two laptop computers, money he says he will repay.

THE CANADIAN PRESS

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Comment & Views

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Comment

America's crisis is our crisis

National Report

Lawrence Martin

metronews.ca/nationalreport

Before everyone gets down on Barack Obama, it should be remembered that it was George W. Bush who gave the country two wars, a staggering deficit and debt, no health

care or environmental plan, a disparaged worldwide reputation and an economy on the verge of collapse.

Given the inherited conditions, no president, no matter how skilled or brilliant, could have righted the American ship in the space of a year. Nor will it be set right for years to come. The deficit is an inconceivable \$1.6 trillion. Unemployment will remain high. His health-care plan is in trouble. Troops will return from Iraq, but roll into Afghanistan. The

defence budget will remain at an insane level of almost a trillion a year. The Republican right, with its lynch-gang mentality, will block progressive change. The country will continue to lose ground to China.

The outlook is the worst America has had in memory. The era of Vietnam, Watergate, race riots and stagflation was destructive, but the American engine was far more dominant then, less indebted, facing less competition. There is today the added threat of

terrorism. It's been almost nine years since 9-11 and there have been no terrorist hits on American soil. But the paranoia remains. All it would take for the country to go into lockdown would be one small terrorist strike.

In Canada we look on somewhat blithely, not realizing America's crisis is our crisis. Our economy is doing better than theirs, but with 75 per cent of our trade dependent on the U.S. market, the old rule still applies — as America goes, so

goes the great white north. We have done nowhere near enough to develop alternative markets. With the hollowing-out phenomenon, most of our national champions have been sold off. Our productivity is embarrassingly low. We are overly dependent on a natural resource economy with all its fluctuations.

Successive minority governments in Ottawa have had the effect of stifling the debate, turning everything into political theatre, the result being there has been

no long-range planning.

The Conservative government deserves some credit for recently reaching an agreement that will prevent Buy-American laws from impacting Canada heavily. But there is next to no debate among any of the parties on the decline of the United States and what the corresponding Canadian strategy, across a wide range of areas, should be.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

What's best for Haiti's kids hard to determine

InStep

Christine Williams

Determining the best interest of the child is a daunting task in our own culture, let alone Haiti. The catastrophic quake has rendered hundreds-of-thousands of children orphaned. With the international community and the Haitian government trying to put the pieces together, the overlapping convergence of corruption, the

black market threat and well-meaning, overzealous efforts leaves these children in a precarious clutch.

According to the global Corruptions Perceptions Index and the International Red Cross, the Haitian government ranks among the world's most corrupt with its citizens living under harsh, grinding poverty. Yet the government is guardian over the well-being of vulnerable children following the devastating quake. The Haitian government recently demonstrated its heavy-handedness with members of an American Baptist church on an eager rescue mission, without govern-

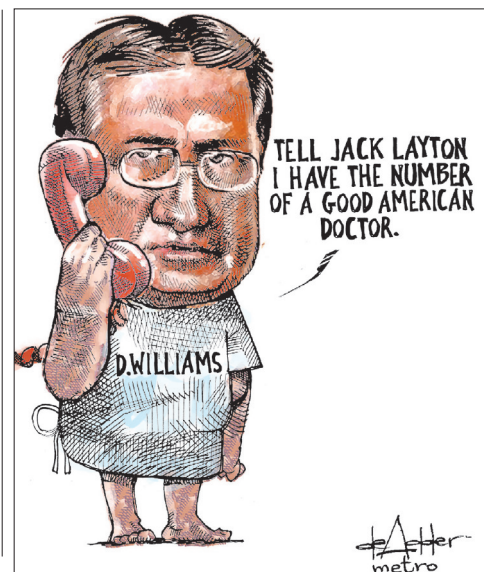
ment authorization. These less than sagacious members were apprehended and arrested for allegedly kidnapping Haitian children. With government collaborated adoptions, no one knows how much money goes into its coffers and whether the motive is really in the children's interest or to market them off to wealthier families abroad.

Economically speaking, it is inarguable that Haitian children adopted by overseas parents have come into a windfall, but ethically speaking, this does not give helpers' the right to determine these grief-stricken children's future before

families have been reunited and consulted.

Haitians have always known the scourge of poverty and government corruption. Struck by the catastrophic quake, they are now vulnerable and desperately needy of international support, but to suggest that Haitians, in turn, be stripped of their personal rights to dignity and self determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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Deadly avalanche in India

A massive avalanche plowed into an Indian army training centre at a ski resort in Kashmir yesterday, killing 17 soldiers and critically injuring 17 others. Fifty-three troops were rescued after the speeding mass of snow and ice struck the centre high on a Himalayan slope, police said. **THE ASSOCIATED PRESS**

9

World



U.S. to set up new climate agency

U.S. President Barack Obama's administration is forming a new agency to study and report on the changing climate. Climate change has drawn widespread concern in recent years as temperatures around the world rise, threatening to harm crops, spread disease, increase sea levels, change storm and drought patterns and cause polar melting.

THE ASSOCIATED PRESS

Candidate arrested on coup charges

Sri Lanka's defeated presidential candidate was hauled from his office by military police yesterday and will be court-martialled for allegedly planning to overthrow the government while serving as the head of the army.

Sarath Fonseka, who as the top general helped defeat the Tamil Tiger rebels, was forcibly detained after objecting to his arrest, opposition politician Rauff Hakeem told The Associated Press.

Fonseka and President Mahinda Rajapaksa were once strong allies who combined to end the country's

'Carried away'

Mano Ganesan, an opposition lawmaker, said Fonseka was "arrested and forcibly carried away" while having a discussion with a group of political allies.

25-year civil war last May. But they subsequently fell out, and Fonseka quit his post. They contested a bitter election last month for the presidency that Rajapaksa won. Officials have repeatedly accused Fonseka of plotting to kill Rajapaksa and overthrow the govern-

ment with the help of army deserters and former military officers since the election. Fonseka has called the allegations fabricated and vowed to push on with his political career. A number of serving officers, which the government said were considered to be a threat to national security, have been fired.

Since the Jan. 26 election, Fonseka has complained that the government was attempting to arrest him on trumped up charges. Last week, security forces raided his office and arrested at least 15 of his staff.

THE ASSOCIATED PRESS

Tainted milk still on shelves

CHINA The discovery has punched a 170-ton hole in China's promises to overhaul its food safety system. Officials say they've found yet another case where large amounts of tainted milk powder from the country's 2008 scandal that should have been destroyed were instead repackaged.

China ordered tens of thousands of milk products laced with an industrial

chemical burned or buried after more than 300,000 children were sickened and at least six died from the contamination. But, crucially, the government did not carry out the eradication itself, and this month an emergency crackdown has made it clear that tons of compromised products are still on the market.

Tainted dairy has recently been found in China's

largest city, Shanghai.

At least five companies are suspected of reselling tainted products that should have been destroyed, the Health Ministry said last week. Officials issued a recall for more than 170 tons of milk powder tainted by the industrial chemical melamine and closed two dairy companies, the China Daily newspaper reported. **THE ASSOCIATED PRESS**

Court increases control over tape

EDWARDS A judge wants a security officer to accompany a former John Edwards aide as he goes to retrieve a sex tape of the two-time presidential candidate, increasing the court's control of the disputed video. North Carolina Superior Court Judge Abraham Penn Jones said in an order released yesterday that a security firm has been hired to help recover the video and other items.

THE ASSOCIATED PRESS

Dubai Burj Khalifa closed



The world's tallest skyscraper has unexpectedly closed to the public a month after its lavish opening. Electrical problems are at least partly to blame for the closure of the Burj Khalifa's viewing platform — the only part of the half-mile-high tower open yet.

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Wrong side of the law

A senior London police officer was ordered jailed for four years yesterday for assaulting and falsely arresting a man over a minor financial dispute in July of 2008. He is expected to be fired by the police force within weeks. **THE ASSOCIATED PRESS**

Vaccinations begin in Haiti

Campaign to give shots for measles, diphtheria and tetanus

Haiti Crisis

Aid groups say they are launching an emergency vaccination campaign for 140,000 people in Haiti to protect them against measles and other diseases.

The campaign is being conducted by the international Red Cross federation, the World Health Organization, UNICEF and the Haitian Health Ministry.

A Red Cross statement says the campaign will focus on the capital Port-au-Prince because the disease risk to earthquake victims there is greatest.

The federation said it expects to start by vaccinating about 1,800 people yesterday at a camp on the old airport runway and then move on to hundreds of other camps over the next two weeks.

Vaccinations will also be against diphtheria and tetanus.

Meanwhile, more than five dozen Haitian mi-



A U.S. soldier from the 82nd Airborne helps an earthquake survivor carry away rice from a food distribution point yesterday in Port-au-Prince, Haiti. The death toll from the Jan. 12 earthquake is estimated at more than 200,000 people with 300,000 injured and over one million homeless.

grants, detained as they sailed north through the Bahamas will be returned directly to the earthquake-ravaged country, the Bahamian prime minister said yesterday.

Two Royal Bahamas Defence Force vessels inter-

cepted a boat carrying the 62 Haitians on Saturday, Prime Minister Hubert Ingraham said.

While the Bahamas has made it easier for Haitian immigrants already in the country to stay since the earthquake, Ingraham said

the government will not change its policy toward undocumented migrants found at sea.

"We will do all we can to assist Haiti except we cannot absorb Haiti's population in the Bahamas," Ingraham said. **THE ASSOCIATED PRESS**

Afghan forces set to play biggest role yet in attack

AFGHANISTAN Thousands of Afghan soldiers and police will join U.S. and NATO troops in an upcoming offensive in southern Afghanistan, playing their biggest role in any joint operation of the Afghan war.

The pending attack on the Taliban-held town of Marjah in Helmand province will be a crucial test for the NATO strategy of transferring more responsibility to the Afghans so foreign troops can go home.

Exact numbers of NATO and Afghan troops earmarked for the assault on

Assault

- The offensive is called "Operation Moshtarak," a Dari language word for together or joint.

Marjah have not been disclosed for security reasons.

However, U.S. and Afghan officers said the percentage of Afghan soldiers and police will be far greater than the 10-to-one ratio of Americans to Afghans during the last major offensive in Helmand province last summer.

THE ASSOCIATED PRESS

News in brief

NUCLEAR TALK Iran moved closer to being able to produce nuclear warheads yesterday with formal notification that it will enrich uranium to higher levels, even while insisting that the move was meant only to provide fuel for its research reactor.

WASHINGTON Republicans gave a chilly reception yesterday to U.S. President Barack Obama's invitation to discuss

health care in a bipartisan, televised setting later this month, part of the White House effort to revive the stalled legislation.

PAKISTAN Authorities arrested six suspected Taliban militants with a suicide vest and hand grenades allegedly on their way yesterday to attack a five-star hotel and kill Americans in Pakistan's cultural capital Lahore, said police.

THE ASSOCIATED PRESS

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The Canadian Autoworkers Union is calling on the federal and Ontario governments to investigate mining giant Xstrata PLC's reasons for closing its copper and zinc site in Timmins, Ont., in May. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Real estate fee dive?

Group wants rules changed

Homebuyers and sellers could see a significant decrease in transaction fees if Canada's Competition Bureau wins a challenge to the Canadian Real Estate Association's all-or-nothing pricing structure, according to a bureau spokesman.

The Competition Bureau has been discussing the matter with the association since 2007 after receiving several complaints, but the CREA has not been willing to make changes to its practices, said the spokesman, who asked not to be identified by name.

Yesterday, the bureau filed an application with the Competition Tribunal seeking to strike down the CREA's specific rules on the use of its Multiple Listing Service.

Among other things, the bureau alleges that the CREA's rules limit choices for consumers and forces them to pay for services

Lower prices?

• A spokesman with Canada's Competition Bureau said that in the United States, where many such restrictive rules have been lifted, fee prices had dropped significantly and now range from \$99 US to \$500 US, much lower than in Canada.

they don't want, while also stifling innovation in the market for residential real estate services.

For example, agents are forbidden from offering consumers the option of simply paying a fee to list a home on MLS, it says.

Under current rules, real estate agents must handle all details of the transaction, although there are some services that consumers might wish to do on their own, such as booking interviews to view the property or making an offer. **THE CANADIAN PRESS**

India Economy growing by 7.2%



A worker arranges watermelons at a wholesale fruit market in Hyderabad, India, yesterday. India's economic growth will likely hit 7.2 per cent for the fiscal year, the government said.

Business in brief

TELUS Technology firm Wi-Lan Inc. says it has signed a letter of intent to settle a lawsuit filed by Telus Communications Inc., which claimed ownership interests over four patents collectively called channel estimation patent. **THE CANADIAN PRESS**

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Your Money

Borrow money to feed RRSPs?

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

Two and a half weeks left! Yikes. The RRSP needs feeding and the cupboards are bare. What to do? If you have good credit, equity in your home and/or reasonable non-mortgage debt compared to your income, an RRSP loan is a no-brainer. Maybe, maybe not.

My response to the value of RRSP loans is always the same: on paper they can make financial sense but in reality I rarely see any true benefits.

In pursuit of avoiding income tax, people invariably fail to look at the full picture, i.e. what lurks beyond the refund.

If you can satisfy the following four ifs then I will grudgingly agree that an RRSP loan could put you ahead.

1 If you're going to pay income tax. A surprisingly number of those with little or no taxable income, but equity in their home and good credit, borrow to contribute. No question, the higher your tax rate the more the strategy is appealing.

2 If you don't have other non-mortgage debt. It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest from eight to 30 per cent.

3 If you're disciplined enough to take the whole tax refund and pay down or pay off the borrowed amount. Promises to yourself in February can evaporate remarkably quickly when the refund cheque arrives.

4 If you can invest the money wisely. This is the biggie. Even though you may be able to borrow at a low rate of interest and reduce your taxes payable, there is more pressure on borrowed money to perform than money you've saved. Aside from anything else, borrowed money often encourages us to make riskier investments in order to earn back the interest paid.

If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at creditcanada.com/financialtools.asp to see how the strategy might work for you.

ing but don't forget, unlike other investment loans, you can't deduct the interest levied on the borrowed amount.

2 If you don't have other non-mortgage debt. It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest from eight to 30 per cent.

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If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at creditcanada.com/financialtools.asp to see how the strategy might work for you.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Go beyond the beach this spring

RAFAEL BRUSILOV
for Metro Canada



Reading Week is almost here, and as most students can attest, actual reading is pretty much the last thing on their to-do lists.

While the usual beach-hopping antics are standard fare over Spring Break, why not try something a little different (and cheaper)?

Whisk away to a winter wonderland

Camping isn't just for the summer months, especially for couples hoping to get cuddly in the snow, or nature lovers looking for a chance to experience ultimate serenity. Check the Parks Canada website (pc-camping.ca) for a list of all campgrounds in your province that are open in the winter. Popular year-

round parks include: Kootenay in British Columbia, Bruce Peninsula in Ontario, Terra Nova in Labrador, and Prince Albert in Saskatchewan.

Give a little

Volunteering is not only a great way to help your community and have life-changing experiences along the way, it can also be a crucial part of your personal growth as a person — and isn't that why you're going to school in the first place? Visit the Volunteer Canada site at volunteer.ca for a list of organizations that need volunteers in your part of Canada. The site also has a wealth of resources about how to get started volunteering.

Get moving

Raising your marks is a great thing, but too often it



Actual reading is the last thing on many students' to-do lists during Reading Week.

can mean gaining a little extra around the mid-section.

All that sitting at desks and computers and indoor

hibernating during the winter term is bound to catch up with you, so why not use your break to start up your exercise regimen?

Many gyms and fitness clubs are still in the throes of their New-Year rush and are eager to offer deals and discounts, while winter

sports equipment starts to get discounted around this time of year as well. Hop out for a few days of skiing or hit the gym a couple of times to give your fitness a kick-start.

Hit it big

Got a penchant for sculpture, a knack for writing jokes or mad skills for fixing computers? Maybe it's time to take your marketable hobbies and use them to start a small business. Scout out some contacts and try to focus on work you can do in off-hours once classes start up again. But don't try to overwork yourself — a few extra bucks for proofreading papers or selling your architectural renderings can go a long way and put you on the road to entrepreneurialism. Visit servicecanada.gc.ca for helpful info on how to get started.

Key to fitness success: Do what you like

JON TATTRIE
for Metro Canada



Students think of campus life as the perfect time to shape their mental education, but many neglect their physical education by not making the most of the campus fitness and recreation centres.

Sandra Ondracka, manager of campus recreation at the University of Windsor, says that leads to the dreaded "Frosh 15" as students mull the meaning of life while munching on chips and boxed mac and cheese.

"Our mandate is to give them the opportunity to develop some lifelong health and wellness skills that are going to contribute to maintaining their health beyond the university years," she says. "A lot of them come in from high school without those habits established."

Windsor has all of the facilities you'd expect — pools, courts, tracks weights and cardio equipment — but also offers less sporty pursuits such as martial arts, kayaking, yoga, Pilates, tai-chi, ballroom dancing, belly dancing, hip hop and zumba.

"Most of our student participation is within the fitness programs — cycle fitness, spinning classes, kick boxing and bootcamp," she says. "Do something that you like, that's fun, that's going to get you out of your room and away from your computer."

There are also lots of casual competitions in flag football or inner-tube water polo. "You don't have to be an athlete," she notes.

Tanya Angus, director of recreation programs at the University of Manitoba, says some students use their university years to play top-level sports for

teams like the Bisons, but the dirt-cheap membership to the sports centre opens lots of doors.

"We have a strong intramural program," she said. Teams compete in soccer, basketball, Ultimate Frisbee and hockey, meaning you don't have to be a hard-core jock to play team sports.

If students want a bit more of a challenge, league play is still recreational, but at a higher level.

Finally, students can use their membership to just turn up for pick-up games. "We definitely have opportunities for just recreation



Many schools offer fitness programs at their on-campus rec centres.

physical activities," Angus says.

Students can usually visit campus fitness centres to get a tour or go for a virtual exploration via websites like Bisonactiveliving.ca. Beyond traditional sports, Manitoba, like

many universities, also offers yoga, Pilates, aquatics, first aid and CPR.

If you don't find what you want, the rec centres may be able to help you set up a rock-climbing or wrestling club with like-minded people.



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Dinos QB heading to CFL camp

MICHELLE LINDSTROM
for Metro Calgary

Super Bowl fever recently hit the masses and brought football into most water-cooler conversations, but for a couple of University of Calgary Dinos players, football is more than a weekend event.

Erik Glavic, Dinos quarterback, and Anthony Woodson, Dinos running back, received honourable invites to the CFL's Evaluation Camp next month in Toronto.

"We get kids invited every year from the Dinos," says Blake Nill, U of C head football coach.

But, Glavic's invite is an unusual one.

"The CFL does not advocate the use of Canadian quarterbacks for the most part," explains Nill, adding the position typically gets filled by American players.

"That's what a lot of

"I'm just going to go out there and show what I've got."

Erik Glavic

Canadian quarterbacks faced before me, so I'm not going to be the one that goes and cries about it," says Glavic. "I'm just going to go out there and show what I've got."

Glavic won the Hec Crighton trophy in '07 for Saint Mary's Huskies in Halifax before transferring to the U of C to complete his economics degree. The award goes to the most outstanding Canadian university football player.

After only one year with the Dinos, Glavic won the Hec Crighton award again in '09.

Nill wasn't shocked with Glavic's invitation to March 12-14 E-camp, since he says Glavic has always been motivated and hard-working.



Canada's best young football players are tested for speed, strength and skill at the CFL's Evaluation Camp.

He says he wouldn't be surprised if the CFL suggests Glavic play another position to give him a fighting chance in the league.

"Maybe down the road I'd switch to a receiver, but I still have a little more QB

left in me," says Glavic. "I wouldn't switch positions this year."

Glavic, who turns 24 in March, has one more year of eligibility to play post-secondary football; he graduates at the end of next year.

As for E-Camp, Glavic says, "Not many college players get to go through this whole experience, so I'm just going to try to take it all in and enjoy my time."

If a CFL career isn't in his future, he says he may go

to Switzerland for a year to play professional football where his two older brothers currently play.

He's also finding business doors are opening for him through his oil and gas job in downtown Calgary.

ApplyAlberta aims to make application process easier



Students can now apply for post-secondary school online.

MICHELLE LINDSTROM
for Metro Calgary

Long gone are the days of paper transcripts, the cost to order them and the need to mail students' paperwork to post-secondary institutions within Alberta.

ApplyAlberta is an online post-secondary application system that made its official launch in Edmonton last week, but has been running in a limited capacity since November '09. In 2005, the govern-

ment of Alberta created the Access to the Future Act, including the proposition that Alberta needs one application system for all of its colleges and universities.

Bow Valley College's president and CEO Sharon Carry helped spearhead the five-year-long process to get this provincial program up and running. Carry said connecting all participating institutions' computer systems was a long and complicated process, considering there

"We needed to make (ApplyAlberta) work for all of the prospective students within Alberta." Sharon Carry, Bow Valley president

is at least \$1 billion worth of combined equipment that ApplyAlberta could potentially wreck — something she nor anyone else involved wanted to happen.

"Every institution has its own version of a computer system that works for their needs and we needed to make (ApplyAlberta) work

for all the prospective students within Alberta," said Carry.

Many phone and email conversations were held between the 26-person virtual society — all participating school presidents, Carry as the board of directors' chair and four ApplyAlberta staff — but Edmonton's launch was the first time they all

met face to face as everyone has been spread all over Alberta.

Keeping information private was also key to the group. ApplyAlberta has the same security system as the government of Alberta. Carry is thrilled with the website (applyalberta.ca), which has already seen more than 20,000 users since November of last year. There is a 24/7 help line found on the site for anyone who runs into issues while using ApplyAlberta.

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Interest in gerontology on the rise

Calgary's MRU among those offering programs

ERIC EMIN WOOD
for Metro Canada



Students interested in gerontology, or the study of aging, have several diverse options to choose from in Canada.

In Calgary, for example, Mount Royal University offers an online studies in aging certificate.

"It's a holistic program in that we look at the physical, social, psychological, and spiritual aspects of aging," says Marianne Rogerson, the program's co-ordinator. "Because we have an aging population, almost every career out there has older adults as part of their client base."

For example, Rogerson says, "there's a growing interest in eco-tourism, and a number of individuals interested in eco-tourism happen to be older."

"So if you have a business owner or program provider who understands that someone who is 75 has different needs than someone who is 25, they're more likely to provide the services your clientele is looking for."

Students have come from a variety of backgrounds, including kinesiology, social work, recreation and nursing.

"It's designed for individuals who already have a degree or diploma or considerable experience working



"Almost every career out there has older adults as part of their client base," says Mount Royal University's Marianne Rogerson.

with older adults," Rogerson says.

On an administrative level, Toronto's George Brown college offers the two-year activation co-ordinator/gerontology diploma.

Activation co-ordinators "assess, plan, design and evaluate all of the recreation and activation programs within a long-term care facility," says Anne-

Marie Stoneburgh, the program's co-ordinator. Students are trained to "design and deliver meaningful physical and mental activities with a therapeutic nature."

First-year students are placed in long-term care facilities, Stoneburgh says, while second-year students are placed in community centres, day centres, and retirement residences.

"They're in placement two days a week, and three days in class," says Stoneburgh. "We also have a block placement, so students spend two weeks in placement in the fall, and again in the winter."

Students are also given the opportunity to transfer to Sudbury's Laurentian University for one year, to complete a bachelor's degree in gerontology.

"It's a neat way to go to school," says Stoneburgh. "You integrate your theory and practice at the same time, so you really graduate knowing that this is what you want to do."

For more on Mount Royal University's studies in aging certificate, visit mtroyal.ca. For more on George Brown's activation co-ordinator/gerontology diploma, visit georgebrown.ca.

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'Things are back on track'

Employers headhunting for MBA graduates again

RAFAEL BRUSILOV
for Metro Canada



When the economic downturn came, hiring of MBA graduates — with their high-level leadership skills and high-level pay scales — took a hit like everything else.

Now with the economy finally coming out of its slump, Richard Powers, associate dean at the Rotman School of Management, says the good news is that employers seem to be in headhunting mode again, particularly for MBA graduates with the leadership skills to move their businesses further.

"With the economy improving, we're seeing more recruiters coming to the school and asking for greater numbers of graduates," he said. "We're still waiting to see how that affects actual job offers, but the message we're hearing is that things are back on track."

Powers says the econom-

ic downturn that promised less work in the market for MBA and other graduates in the short term certainly saw that prognosis realized.

"The percentage of our students who have jobs within three months of graduating is usually around 90 per cent, and last year it was down to 83 per cent," Powers said.

Especially hard-hit was the financial services sector, meaning MBA graduates hoping to find work in that field need to be flexible and consider broader opportunities for employment that still let them use their new skill-set.

"For graduates looking to work in the financial industry, last year was tough. The message is you have to look at a variety of opportunities and show a little flexibility," Powers said.

Leslee Harden, MBA program director at the Edwards School of Business in Saskatoon, says recent MBA grads should widen their job search and make use of every available resource.



With the economy coming out of its slump, employers are once again looking to hire MBA graduates with leadership skills.

"There's no question the job market is tighter, so people have to engage in a very strong search process. The hidden job market is so important.

"Contact all the people you know — opportunities are often made as opposed to being found," Harden said.

She suggests MBA grads shouldn't fear a slightly tougher job market because their job search process has always been about quality, not quantity.

"It's not about finding a job, but finding the right job. It's about finding something that motivates, inspires and challenges you. MBA graduates always have to be creative in their search to find that," she said.

Perfectionism costly, study finds

ERIC EMIN WOOD
for Metro Canada



Elementary- and middle-school-aged perfectionists don't perform any better in class, according to a York University study.

"People have often equated perfectionism with being gifted, but there's increasing evidence that perfectionism in kids is associated with emotional problems," including anxiety and depression, says the study's co-author, Gordon

Flett. "Comparative studies hadn't really been done until now."

Flett and his colleagues surveyed fourth- and seventh-grade students from three streams — regular, intellectually gifted, and fine arts gifted. The researchers measured the students' levels of perfectionism, emotional symptoms such as anxiety and sadness, and obtained test scores, which had been gathered when the students were in grades three and six.

"We found ... there was

no indication gifted kids were more perfectionistic than non-gifted kids," Flett says. "But within each group, those who were higher in perfectionism, especially perceived pressure from others to be perfect, were reporting higher levels of anxiety and sadness."

"You can extrapolate that somebody who persists in their perfectionism, as they make their way through the school system and later in life, could be prone to ever-greater levels of anxiety and sadness."

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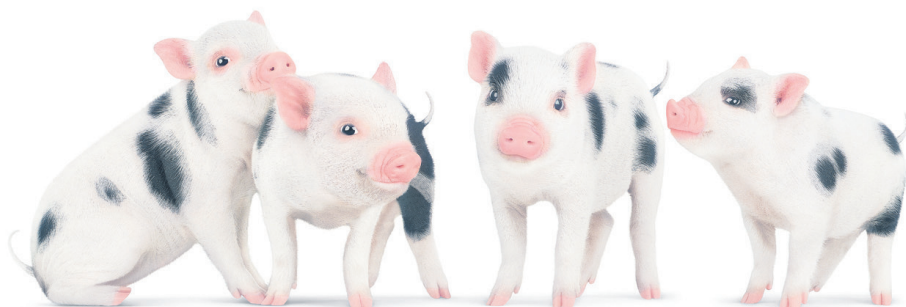
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Browns release Stallworth

The Cleveland Browns have released wide receiver Donte' Stallworth. Stallworth was suspended for the 2009 season by NFL commissioner Roger Goodell after he pleaded guilty to killing a pedestrian while driving drunk in Florida. He spent 24 days in jail. **THE ASSOCIATED PRESS**

Sports



Danica to make debut

Danica Patrick will make her NASCAR debut this weekend at Daytona International Speedway. The IndyCar star will drive the No. 7 Chevrolet for JR Motorsports in Saturday's second-tier Nationwide Series race. The decision, announced yesterday, to race at Daytona was made after team officials dissected her stock-car racing debut in the ARCA race at Daytona on Saturday. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA



Bob Gainey hangs his head at a news conference in Montreal yesterday, announcing his retirement as general manager of the Montreal Canadiens.

Gainey resigns as Canadiens GM

Bob Gainey has resigned as general manager of the Montreal Canadiens after a tumultuous era at the helm of hockey's most storied franchise, becoming the latest in a string of Habs GMs to leave without a championship.

Gainey becomes the third straight Habs general manager to leave the job without delivering a Stanley Cup — a once-unthinkable statistic for a team that was dominant for decades.

Gainey will remain employed by the Habs as a consultant to new GM and executive vice-president Pierre Gauthier, and he told a news conference yesterday that he remains devoted to the team.

He presided over an era where the Canadiens were competent during the regular season, poor in the playoffs, and flooded by fans'

Enter Gauthier

• Bob Gainey's successor, Pierre Gauthier, was general manager of the Ottawa Senators from 1995 to 1998 and of the Anaheim Ducks from 1998 to 2002, and has served the Canadiens in a variety of roles since 2006.

nostalgic adulation as they celebrated their 100th birthday.

"I've done my best and it's time for me to pass the torch. I'm leaving the team that I love in good hands," Gainey told reporters.

"The job of general manager required a vision and a long-term commitment and I didn't want to commit myself now for four, five or six more years.

"If I had to choose be-

tween leaving a little earlier, or a little later, I'd prefer (to go) earlier."

The Gainey era ends with a record of 241-176-46-7 during the regular season, 11-22 in the post-season, and zero appearances beyond the second round of the Stanley Cup playoffs.

The team is currently in sixth place in the East, with a record of 28-26-6 despite a crippling series of injuries to key players like Andrei Markov, Mike Cammalleri and Andrei Kostitsyn.

If Gauthier is preparing to make any drastic changes, he certainly wasn't showing his cards yesterday.

"It's a great honour to become general manager of the Montreal Canadiens," Gauthier said.

"I like our team. I like the organization. I'm very comfortable with Jacques Martin and our team of coaches."

THE CANADIAN PRESS

NFL heads into the great unknown

LABOUR A memorable season capped by a super title game with a record TV audience has NFL executives and fans beaming.

The smiles might soon disappear.

Pro football is headed into the great unknown. Barring a quick — and totally unexpected — agreement with the players' union on a new contract, 2010 will have no salary cap. After that, perhaps a work stoppage, something NFL Players Association executive director DeMaurice Smith puts at "14" on a scale of 1 to 10.

Commissioner Roger Goodell doesn't agree, believing negotiations will lead to a new deal before March 2011, when the collective bargaining agreement expires. But an accord before the New Orleans Saints begin defence

"We have to sit at the table and we have to get an agreement that works for everybody." NFL commissioner Roger Goodell

of their Super Bowl championship in September is unlikely.

The 32 team owners clearly are prepared for a go at the first uncapped season since 1993.

Enough restrictions are in place, including extending the minimum years of service for unrestricted free agency from four years to six, that baseball-like bidding wars are improbable.

With the owners claiming they are losing millions and the players arguing that teams are making money by the fistful, a common ground will be difficult to find.

"The labour agreement

is a very important agreement," Goodell said during his annual Super Bowl week news conference. "It's something that is important to our players. It's certainly important to our clubs, and it's important to our fans. We have to sit at the table and we have to get an agreement that works for everybody."

THE ASSOCIATED PRESS

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IT IS ALL ABOUT LOVE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to calgaryletters@metronews.ca or on Twitter @metrocalgary

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SCOREBOARD

NHL

YESTERDAY'S RESULTS
Phoenix 6 Edmonton 1
San Jose 3 Toronto 2
Colorado 5 St. Louis 2
Philadelphia 3 New Jersey 2
Los Angeles at Anaheim

TODAY'S GAMES

CALGARY at Ottawa
Boston at Buffalo
Nashville at N.Y. Islanders
Florida at Carolina
Vancouver at Tampa Bay
Detroit at St. Louis
Dallas at Chicago

NBA

YESTERDAY'S RESULTS
Orlando 123 New Orleans 117
Dallas at Golden State
San Antonio at L.A. Lakers

Sports in brief

BASEBALL The Seattle Mariners say left-hander Cliff Lee is recovering from minor left foot surgery and will be limited when pitchers and catchers report to spring training this month. The team announced yesterday that Lee had surgery Friday to remove a bone spur that broke loose and was floating in his left foot.

NBA Indiana Pacers centre Jeff Foster will miss the rest of the

season with a back injury. The Pacers announced yesterday that Foster will have surgery after the All-Star break. He is expected to be ready for training camp in the fall.

NHL The Dallas Stars have activated centre Mike Ribeiro a month after he injured his throat in a game against the New York Rangers.

THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Chan all smiles upon arrival

AIRPORT Sporting a grin a mile wide, Canadian figure skater Patrick Chan was greeted by dozens of fans and autograph seekers when he arrived at Vancouver International Airport yesterday.

Chan, carrying a camouflage backpack over his black warmup jacket, held his own video camera up to capture the scene.

The 19-year-old from Toronto was swarmed by reporters and television cameras shortly after he entered the arrivals area. "I'm just enjoying the ride," Chan said.

"This is why we live to do this. Moments like this."

Chan is hoping to win Canada's first men's figure skating gold medal at the Vancouver Games. After speaking to reporters, the

"I'm just enjoying the ride. This is why we live to do this."

Patrick Chan

world silver medallist signed some autographs and thrilled some fans by posing for pictures.

"It's almost surreal," Chan said of the reception. "It's the first time I've been nervous coming off a plane because I knew what was coming up. It's really cool to be here."

Autograph collector Ken Redekop of Maple Ridge, B.C., got Chan to sign a glossy photo of the young skater in action.

"It was a bit overwhelming," Redekop said.

"We haven't really had so many media here. I think he was overwhelmed

just to see everybody."

It has been a challenging season for Chan.

He has had to deal with a bout of the flu and a torn calf muscle that kept him off the ice for weeks. Coach Don Laws also announced that he was quitting as Chan's coach with just a month to go before the Games.

However, Chan was in top form last month when he captured his third straight national title.

He'll need a repeat performance when the action begins at the Pacific Coliseum on Feb. 16.

Evgeni Plushenko of Russia is back to defend his Olympic title and Swiss skater Stephane Lambiel—who won Olympic silver four years ago in Turin—will also return.

THE CANADIAN PRESS

New scale for figure skaters

Gone is the 6.0 that everybody knew if not loved, and in its place is a complicated system that can leave figure skating fans scratching their heads.

The pairs scandal involving Canadians Jamie Sale and David Pelletier at the 2002 Salt Lake Olympics provided the impetus for a complete — and long-overdue — rewrite of how figure skating is judged.

But the new, far more detailed, computer-driven Code of Points, implemented in 2004 in hopes of eradicating the partisanship that had long plagued the sport, almost takes a statistician to decipher.

The one thing to remember is that under the new system, absolutely everything — from jumps to spins to the step sequences in between — has an assigned value.

Marks are then added or deducted according to how well a move is executed.

Take the triple Axel for example. The three-and-a-half rotation jump has a base value of 8.2 points. Judges then decide how well the jump has been executed, awarding a grade of execution or GOE ranging from a plus-3 to a minus-3, which takes into account everything from height and speed, to the difficulty of the steps leading into the jump.

"You can see a jump that goes up and the speed leading in is amazing, and the



Jamie Sale and David Pelletier compete in the free program during the Salt Lake City Winter Olympic Games in 2002.

position in the air is beautifully straight and the landing flows out with amazing extension of the free leg," explains Norm Proft, officials programs manager for Skate Canada.

GOE: A plus-3.

"You have another skater, maybe they're a little slower going in, maybe they lean in the air, maybe their free leg is up in the air instead of nice and tight, maybe the landing a little scratchy. They're both triple Axels, but they're distinctly different in the quality of the jump," Proft says.

There's another set of scores — "program components" — that replace the

former "presentation" marks. The five components are skating skills, transition, performance/execution, choreography/composition, and interpretation, with a scale of one to 10.

Canadians Tessa Virtue and Scott Moir earned the first perfect 10 awarded in ice dance at HomeSense Skate Canada International in December.

Up until the 2002 Olympics, programs were scored with pen and paper. Scoring is now computerized and judges use instant replay to review any questionable elements before determining scores.

THE CANADIAN PRESS



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The latest update on the sticking accelerator pedal recall:

- All Dealers have received repair parts and Toyota trained technicians have begun to modify affected vehicles.
- Our Dealers are here to service your vehicle, many will be working extended hours.

Toyota vehicles are designed and manufactured with your safety in mind. Our worldwide organization has been mobilized and we are redoubling our efforts to improve and continue to provide our customers with quality products.

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For the latest information, please visit our updated website at toyota.ca, contact your Dealer, or our Customer Interaction Centre at 1-888-TOYOTA-8 [1-888-869-6828].



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SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion**. Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture

Winter activities
mean winter
skin – cold, dry
and flaky

for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen. Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

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The same sodium as two medium orders of McDonald's French fries

Gerber, one of the best-known names in baby food, has been named this year's recipient of the Salt Lick Award due to the high sodium content in one of its prepared meals for toddlers, Graduates Lil' Entrees. **THE CANADIAN PRESS**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Valentine's Day cynicism is a cop out

The J Spot

Josey Vogels

metronews.ca/thejspot

Apparently New York-based relationship expert Jay Cataldo is on a mission to single-handedly end Valentine's Day.

"This wretched day of massive expectation and zero appreciation needs to be destroyed," he states in the press release announcing his plot to destroy this "disgraceful holiday."

Cataldo doesn't explain exactly how he plans to off Valentine's Day — take Cupid out with his own bow and arrow? Lobby for a ban on scratchy lace? — but his cynicism about what is increasingly referred to as the "Hallmark Holiday" is becoming all too common.

Sure, I understand the "I'm single and thanks for reminding me how loveless my life is" resentment and the "God, please don't let me fail the test of proving I love you because I bought you lousy carnations instead of roses" pressure.

And yes, I agree that it's a bit of a goofy, made-up holiday designed mostly to keep the consumer wheel turning.

I've received hundreds of emails from companies reaching to come up with a Valentine's Day angle to pitch their product.

How about a free strawberry recipe iPhone app courtesy of the California Strawberry Commission? Hey, strawberries are red.

I'm not saying you have to fall for some idealized, unrealistic notion that your love can be neatly expressed once a year with a heart-shaped box of candy or a strawberry recipe iPhone app.

But "gathering a large amount of sympathetic malcontents together and declaring Feb. 14 as a Day of Hate," as one anti-VD internet campaign encouraged people to do, is a bit of a cop-out.

This year, instead of spending all that energy resenting the unrealistic romantic ideals shoved down your throats by the greeting card and candy companies, use the day to stop and appreciate the love in your life.

The other day my brother — who is single by the way — said that if they cancel Valentine's Day, they might as well cancel Christmas.

And, as with Christmas, you can choose whether or not to get caught up in the commercialism.

For me, Christmas is

less about shopping and more an opportunity to spend time with friends and loved ones — to eat, drink and be merry. Similarly,

Valentine's Day is an opportunity to stop, take a good

look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, "Hey, you're really special to me and I'm glad you're in my life."

And, if you're single, take the same opportunity to get together with friends, take a good look at them, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and tell them, "Hey, you're really special to me and I'm glad you're in my life."

Happy Valentine's Day.

Unique Gift Ideas for Valentine's Day

• If you'd like to do something special for your sweetie, I've included some unique Valentine's Day gift ideas in my Sexcetera blog at metronews.ca

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Soccer kicks high blood pressure

CELIA MILNE
for Metro Canada

Exercise reduces high blood pressure. Doctors have known this for a long time. But what kind of exercise is best?

A new study in Copenhagen tells us that doing spurts of high-intensity exercise — namely, playing soccer — is a great way to control high blood pressure.

The study involved 25 men aged 31 to 54 who had mild to moderate hypertension. The men were split into two groups.

One group played soccer (in teams of five or six) for about an hour twice a week and the other group received traditional advice from a physician on reducing heart disease risk and staying active. When tested three months later, the soccer-playing group had



Burst of high-intensity exercise helps to control high blood pressure.

improved their health far more than the other group. They had lowered blood pressure, reduced heart rate, reduced fat on their body and increased aerobic capacity.

"Our advice is to participate in vigorous intermittent physical exercise," lead author Peter Krstrup told Metro.

He believes soccer is a great way to get healthy because it is effective and fun; people stick with it, unlike many other exercise regimes.

Krstrup is an Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen, Denmark.

In Canada, hypertension affects one in five adults. It is the number one risk factor for stroke, and a leading risk factor for heart disease. Because there are no symptoms, it's often called "the silent killer."

Having hypertension increases your risk of coronary heart disease, atrial fibrillation, kidney disease and death from any cause.

Although the Danish study was small, it adds to a growing body of evidence that soccer and other interval training activities are a great way to improve health.

Another Danish study showed beneficial effects of interval uphill walking for heart failure patients. And Krstrup has already published studies showing regular recreational soccer training improves many measures of heart health in both men and women.

"If not (soccer)," he says, "perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Hockey, with its bursts of intense activity followed by rest, may be a great Canadian way to reap the rewards the Danish men had when they played soccer, especially in the winter.

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Romanticize your cakes

Dress up your cakes for Valentine's Day by purchasing a heart-shaped baking pan and serve the finished results with whipped cream and fresh berries. Kitchen Plus sells a Fox Run Mini Heart Pan for \$3.50 (right), at kitchenstuffplus.com. METRO NEWS SERVICES



25

Food



Fishing for some love

Delicious, healthy, affordable — and already thought by the Scots to be sexy — the Fresh Blue Cultured Mussel could be the next food of love, according to the Mussel Industry Council. Fresh blue cultured mussels are not only romantic and tasty, they are high in Omega 3s, low in fat (2.2 g fat per 100 g mussel meat) and have high levels of daily requirements for zinc, vitamin C and Iron. Mussels are also world recognized as sustainable seafood. What's not to love about eating them this Feb. 14? METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A hearty meal

Design a decadent menu for your sweetheart

Rosemary Rack of Lamb

French lamb chops are readily available. Or ask your butcher to French them, that is, to cut away the meat at the ends of the bones to expose them.

MAKES 4 SERVINGS

INGREDIENTS:

- 1/2 cup fresh bread crumbs (125 mL)
- 2 Tbsp chopped fresh rosemary (25 mL)
- 2 Tbsp grated Parmesan cheese (25 mL)
- 2 clove garlic, minced
- 1/4 tsp each salt and pepper (1 mL)
- 2 Tbsp Dijon mustard (25 mL)
- 2 racks of lamb (8 bones, 2 each), 2 lb (1 kg), frenched
- 2 Tbsp extra-virgin olive oil (25 mL)

METHOD:

1. In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper. Spread mustard evenly over meaty part of lamb; coat with bread crumb mixture.

2. In skillet, heat oil over medium-high heat; brown lamb, in 2 batches, until golden, about 2 minutes. Transfer, fat side up,



Canadian Living's Rosemary Rack of Lamb.

to foil-lined baking sheet.
3. Roast lamb in 425°F (220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, 15 to 20 minutes.

4. Transfer to cutting board and tent with foil; let stand for 5 minutes before carving between bones.

Chocolate Fondue for Two

MAKES 2 SERVINGS

INGREDIENTS:

- 1 cup bite-size peeled pineapple chunks (250 mL)
- 1 navel orange, peeled and cut into segments
- 2 kiwifruit, peeled and sliced
- 1 Red Delicious apple, cored and sliced
- 6 cookies (optional)

METHOD:

1. Chocolate Fondue: In saucepan, heat cream un-

til boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk



Tip: In fondue use Lindt chocolate

Chocolate Fondue for Two.

until melted.

3. Garnish with gooseberries (if using). Serve with fondue.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com



Whisk in amaretto. Keep warm.
2. Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.

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Levi Johnston's long-awaited Playgirl cover has finally been released, and the caribou hunter-turned-aspiring model/actor does live up to his promise and appear nude, but with one notable exception: He covers himself below the waist. **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Wedding bells

Sacha Baron Cohen and Isla Fisher are seemingly set to marry this month. The couple have reportedly sent out party invites asking guests to keep Feb. 26 free. **FEMALEFIRST.CO.UK**



Music heals a broken heart

ROB MCMAHON
for Metro Canada

Contented Valentine's Day lovers get their roses and their chocolates. For everyone else, here are five musical picks to avoid. One Sunday, turn off these tunes — well, aside from one set that's a reminder of Spring sunshine.

The Rolling Stones: Just My Imagination from Some Girls (1978) The perfect song for one's first Valentine's Day as a single. This track, the Stones' update of a piece by the Temptations, mirrors that joyful experience's transitional blend of disbelief, distrust and disaffection.



Magnetic Fields singer-songwriter Stephin Merritt.

Mick Jagger's daydreams of the girls of New York soon crumble against the weight of his own logic, pushed by Keith Richards'

stuttering, flanged melody. Who knew a guitar could so effectively unbalance hope?

The Sound of the Smiths

(2008) This two-and-a-half hour grab-bag of pain — of failed nightclub pickups, imploding relationships and soul-searching — is perfectly embodied in Morrissey's epically hollow delivery. There are no better lyrics to absorb while sitting along in a dark, one-bedroom apartment and eating boxes of chocolate. Key moments: The (emphatically) celibate crooner's classics Hand in Glove, Heaven Knows I'm Miserable Now and How Soon is Now.

The Magnetic Fields: Mr. Mistletoe from Distortion (2008) Christmas is over, and you're still alone. What better way to rekindle the feeling of drifting through the snowy streets, dulled by red, white and green lights and the stings of laughter from happy couples than this gem. Buried deep under a gloomy hazy of shoegaze distortion, holiday chimes twinkle and Stephen Merritt's baritone sighs: "Mistletoe is hanging everywhere, but you no longer care".

Sky: She's Some Kinda

Wonderful from Piece of Paradise (1999) The spring is coming, the flowers are blooming, and young lovers stroll. You've just eaten a Philly cheesesteak, and processed orange gunk is sitting heavy in your gut. Then a car breezes by, a red convertible. A flash of two bobbing blonde heads, singing a hook in unison: "She's some kinda wonderful, she makes a mean steak and she's an eyeful." You run to the nearest shrubbery and unload.

The Format: Dog Problems (2006) OK, time to haul those empty pizza boxes and ice cream pails to the garbage and plug the phone back in. Spring is here, and it's getting boring. Throw on this brilliant in-

die-pop concept album for a smart, sincere journey from relationship gutter to stars. Heartbreak and sarcasm — and stories of how dogs can scuttle relationships — have never sounded so damn upbeat.



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Our Community Our Future **Canada**

Cyrus auction

Miley Cyrus is organizing an all-star online auction to help raise money for the Haiti relief effort, according to People. "Ever since the earthquake, I've been trying to do my part to help the people of Haiti — and I wanted to do more," Cyrus said. **TVGUIDE.COM**



Odd Blood is the new album from Brooklyn's Yeasayer.

Yeasayer's dance pop blueprint

CAM LINDSAY
for Metro Canada

If you're listening to the new album by Brooklyn's Yeasayer, and you're second guessing that it's actually them, you're not alone.

"We did an interview with Jon Pareles from the New York Times and he said that when he heard The Children he had to make sure he'd burned the CD right," says multi-instrumentalist Anand Wilder.

Following the relative success the indie band found with the feathery, acoustic jams on their 2007 debut All Hour Cymbals, Wilder and his bandmates found themselves surrounded by a massive collection of synths in the studio they rented to record the followup. From there, they just improvised.

"The first time around we established this — whether we intended it or not — hippie campfire vibe, this oneness with nature," Wilder explains. "With this one we wanted to push this oneness with machines ... Like what would happen if aliens were picking radio signals from earth for the last hundred years and had to recreate pop music for a museum exhibit?"

It's an unorthodox question but also a fairly accurate description of their appropriately titled second

album, Odd Blood. The trio used a blueprint based on dance music's gurgling synths, mechanical polyrhythms and bountiful hooks, leaving the organic feel of their first album behind them.

"I think we were trying to make the whole album full of bangers," Wilder admits. "I don't know if we succeeded, but there was this idea to have an album that's all amazing dance songs. Where if a DJ was spinning and you were like, 'Oh my god, who is this?' And he said, 'It's the same album!' We wanted to make songs that would get people dancing."

Sticking with dance music culture's relationship with vinyl records, Yeasayer also designed the album to be experienced in two halves. Wilder says the approach was to give the listener options.

"We put these more conventional pop songs towards the beginning of the album so they would butt up against each other; they're all very epic and distinct sounding," he says. "And then the second side opens with this long, unbearable intro and then you're into these short, quick, weird songs."

"I like the idea that you play the first side and you really love all the pop hits, but then you start to get tired of them and you flip it over and you're like, 'Wait a second, this side's a lot more interesting. I like this way more.'"

Entertainment in brief

MOVIES The travel adventure Up was the winner of the best animated feature at the 37th annual Annie Awards. Up director Pete Docter won the award for directing in a feature

production. Also competing for top honours at the Annies, presented exclusively for animated films, were the musical fairy tale The Princess and the Frog, the storybook adaptations Fan-

tastic Mr. Fox and Cloudy With a Chance of Meatballs, the dark family tale Coraline and the Irish adventure The Secret of Kells. All the films, except Cloudy With a Chance of Meat-

balls, are nominees for best animated feature film at this year's Academy Awards. Up is also nominated for best picture at the Oscars.

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Prejean engaged
Former beauty queen Carrie Prejean is getting married. The ex-Miss California USA and pro football QB Kyle Boller got engaged on Saturday in Prejean's hometown of San Diego, eonline.com has learned. **METRO NEWS SERVICES**

NFB showcases 3-D films online

Free glasses available for web views

CHRIS ALEXANDER
for Metro Canada



With James Cameron's state-of-the-art immersive epic Avatar endlessly burning up the box office, it seems that 3-D fever is going to be around for a spell.

The gloriously gimmicky art of creating dimensional depth from an otherwise flat screen has been with cinema since the early part of the century and has enjoyed two previous feature film renaissances, the first kick started by Arch Oboler's *Bwana Devil* in the 1950's, the second with such split stereoscopic fare as *Jaws 3-D* and *Comin' at Ya* in the early '80s.

Now, even the National Film Board of Canada is jumping on the bandwagon. Currently, the Canadian cinema institution is streaming a host of short, strange, eccentric home-grown works off their website that, with the aid of spe-

cial decoding glasses, creep right off your computer screen and into your lap.

"The NFB has been experimenting with 3-D animation throughout its 70-year history," says Deborah Drisdell, NFB's director general, accessibility and digital enterprises.

"First there were two Genie-

Using the far less sophisticated red and blue "anaglyph" technology (as opposed to the digital polarized system used in theatres to make *Avatar* literally come to life) to illustrate their illusions,



Facing Champlain is one of the 3-D films available on nfb.ca.

Falling in Love Again, complete

er; Drux Flux, an abstract piece of eerie surrealism whose



winning films by Norman McLaren in 1951 and then the world's first 3-D IMAX film in 1986. These latest experiments are to test the user experience of 3-D technologies on computers and handheld devices. The response has been remarkable."

some of the 3-D films the NFB is offering include the animated romance

with rearing cars and floating clouds thrust at the view-

strange, steam-punk illustrations look fantastic in any dimension and Facing Champlain, a gorgeous, impressionist experiment in depth shown in two parts, both exploiting the sensorial impact of 3-D to maximum effect.

Jackson's doctor charged

LEGAL Michael Jackson's doctor was charged yesterday with involuntary manslaughter, capping an exhaustive investigation into the pop star's stunning death last summer and setting up the prospect of another sensational celebrity courtroom drama.

Dr. Conrad Murray, a cardiologist who was with Jackson when he died June 25 at his rented Los Angeles mansion, is accused of the single felony count in a five-page complaint filed in Superior Court. According to the complaint, Murray "did unlawfully, and without malice, kill Michael Joseph Jackson" by acting "without the caution and circumspection required."



The complaint contains no details on Jackson's death but authorities have said the singer died after Murray administered a powerful general anesthetic and other drugs to help Jackson rest. Murray has said he did nothing that should have caused Jackson to die.

If convicted, he faces up to four years in prison.

Soon after the charge was filed, several members of Jackson's family, including his mother and father; his brothers Jermaine, Randy, and Tito Jackson; and his sister LaToya Jackson arrived at the courthouse adjacent to Los Angeles International Airport.

"Looking for justice," was all Jackson's father, Joe Jackson, said as he walked past a crowd of reporters and into the courthouse.

The charge was expected, and Murray's attorney, Ed Chernoff, said his client planned to surrender to authorities later Monday.

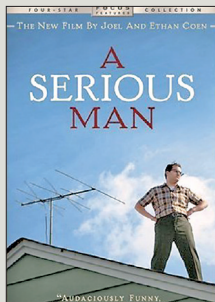
"We'll make bail, we'll plead not guilty and we'll fight like hell," Chernoff said before the charge was filed.

Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback concerts in London. Officials say the singer died after Murray administered the powerful general anesthetic propofol and two other sedatives to get the chronic insomniac to sleep.

Way to 3-D

To view the films, you'll need special colour-coded glasses which will be sent to your home completely free of charge. Log on to nfb.ca/3D for more details about the films and the 3-D process.

DVD picks



A Serious Man

Directors: Joel Coen, Ethan Coen

SURE TO BEFUDDLE casual Coen Brothers fans even as it delights the faithful, *A Serious Man* is a wicked turn into existential absurdity after the straight screwball

antics of *Burn After Reading*.

Set in a 1967 of banal bungalows and sublimated desires, it's suburban Midwestern hell as viewed through the travails of physics professor Larry Gopnik (Michael Stuhlbarg), whose life is vexed by an estranged spouse, snotty kids and a conniving student.

Resolutely paced, impeccably staged and lensed, it's comedy for people who can laugh at poetic car wrecks, obtuse rabbis, mysterious dental messages and an endlessly drained cyst.

Such people would be Coen fans. But even they might pain their puzzlers over the mystical and violent prologue, set in olden

days and introduced with a proverb about accepting fate, which has nothing to do with Gopnik's bumper Summer of Love. Or does it? One thing is entirely clear.

A Serious Man is primo Coens, but it's also something of a private club. If you don't already get these guys, the doors of enlightenment aren't going to suddenly swing open for you now. It may not add up, but it's a living.

Extras include three featurettes: Becoming Serious. Creating 1967 and Hebrew and Yiddish for Goys.

The Time Traveler's Wife

Director: Robert Schwentke
A FILM THAT belongs to



the realm of romantic fiction where hoochie-coochie meets hocuspocus.

Eric Bana is Henry, a Chicagoan we meet at age six as he's being magically transported away from a fateful car accident. As

young Henry shivers on the snowy roadside, he's consoled by an older version of himself.

Henry's love interest is Clare (Rachel McAdams) whom he meets as a young girl. Before you can say "chrono displacement," the two have fallen in love.

Bana's and McAdams' performances rise above the shaky material and the film is gorgeous to look at. If you can get past the calendar gymnastics, *The Time Traveler's Wife* works as affecting allegory of love that persists even when the lover is gone — really gone.

Extras include the featurette *Time Traveler's Wife: Love Beyond Words*.

Peter Howell for Metro Canada

His name is up in lights

Friday Night Lights MVP Zach Gilford has joined the cast of ABC's hour-long drama pilot Matadors, sources said. The prospective series revolves around two rival Chicago-based families. **EW.COM**

Pretender not faking it on new disc

MUSIC Chrissie Hynde is one busy woman these days.

The lead singer of the Pretenders has finished recording an album with Welsh singer-songwriter J.P. Jones and has just contributed to a Haitian relief song featuring the likes of Nick Cave, ex-Clash guitarist Mick Jones, former Sex Pistol Glen Matlock and Pogues frontman Shane MacGowan.

"Yeah, it was a regular beauty contest," Hynde said deadpanning.

Next up, she hopes, are a batch of songs that can form the basis of another Pretenders album.

"I would like to think this will actually speed up my songwriting process," Hynde says. "Usually, I spend a lot of goof-off time. I call it my gestation time — but really, pot-smoking time is what it is."

The perfect scenario for the 58-year-old Hynde would be to get going on what will be the group's first release since Break Up the Concrete in 2008.

THE ASSOCIATED PRESS

Modernizing TV family sitcoms

ABC's newest comedy bringing a touch of reality to Wednesday nights

A young man arrived at Ty Burrell's hotel room to stock the minibar and immediately recognized the co-star of the ABC comedy Modern Family.

He loved the show. Thanks, Burrell replied. The man went on to quietly describe how his family gathered each week to watch Modern Family together, and because of those group viewings, he was getting to know his younger siblings better. "I know we're not curing cancer," said Burrell, who portrays the earnest goofball dad Phil Dunphy, "but it feels nice to see people affected by the show."

Modern Family is the most critically acclaimed and popular new comedy of the TV season, the centerpiece of ABC's Wednesday lineup and already renewed for a second season.

Not only does it fulfil a comedy's central mission — provide genuine laughs — it nudges preconceptions and isn't afraid to show some heart amid a sea of snark and irony on television.



Modern Family airs on ABC's Wednesday night lineup.

While deciding to make a family comedy is one thing, avoiding clichés is another thing entirely. The producers' success at this is revealed each

week as more layers are peeled back on the characters.

"I know we're not curing cancer, but it feels nice to see people affected by the show."

Ty Burrell on the hit show Modern Family

More than just layers of development were on display one recent evening when Modern Family commandeered a Los Angeles hotel lobby to shoot some scenes.

Hoots and hollers from crew members alerted those whose heads were turned the wrong way that they had missed actress Julie Bowen streaking across a room clad only in a bodysuit.

Bowen, who portrays Claire Dunphy, was about to film a scene in which she's supposed to be naked underneath a trench coat.

You'll just have to watch the episode that airs Wednesday at 9 p.m. EST to find out why.

THE ASSOCIATED PRESS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/9/10	267	351	- ACCESS	Alberta Primetime (Live)	The Listener	Lost "LA X (Part 2)"	Past Life "Pilot" (N)	Primetime			
	243	317	3 CFCN	etalk	Access H.	Law & Order	American Idol (HDTV) (N)	Lost "What Kate Does"	CTV News		
	-	-	4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Metropia		
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	Lost "LA X (Part 2)"	Lost "What Kate Does"	the forgotten		
	245	306	6 CBRT	Wheel Fortune	Jeopardy! (N)	Rick Mercer	Kids in-Hall Comedy	CBC News: The National	The Hour		
	244	338	7 CICT	ET Canada	Entertainment	The Good Wife "Hi" (N)	NCIS: "Jack Knife" (N)	NCIS: Los Angeles (N)	News Hour		
	246	-	8 CKAL	Law & Order: Special Victims	Dark Blue	The Biggest Loser Olympic training facility. (N)	Le Téléjournal Nouvelles. (SC)	EP Daily			
	119	705	9 CBXFT	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Trauma (N) (SC)	TJ Alberta			
	-	-	10 SHAW	(6) Local Programming							
	-	372	12 KREM	News	Access H.	The Doctors	NCIS: "Jack Knife" (N)	NCIS: Los Angeles (N)	The Good Wife		
news	-	374	14 KSPS	PBS NewsHour (N)	PBS NewsHour (N)	NOVA (HDTV) (N)	Wild Lives	Frontline (N) (DVS)	Independent		
	502	395	15 CBC	CBC News: The National	CBC News: The National	CBC News: The fifth estate	CBC News: The National	CBC News: The National	fifth estate		
	-	370	16 KHO	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser Olympic training facility. (N)	Jay Leno Show		
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)	Past Life "Pilot" (N)		
	297	652	37 WPX	Melrose Place "Ocean"	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Showbiz Tonight	The Joy Behar Show	Nancy Grace		
	500	500	29 CNN	Larry King Live (N)				Larry King Live	Cooper 360		
	508	502	31 CNN2	The Joy Behar Show	Nancy Grace			The Joy Behar Show	Nancy Grace		
	400	400	21 TSN	NHL Hockey: Red Wings at Blues	SportsCentre (HDTV) (Live)			30 for 30 (HDTV)	NHL Charity		
	408	418	27 net	NHL Hockey	Sportsnet Con.	Skiing	Hockey Central	Flames Week	Flames, Hour		
	410	403	30 SCORE	(6) Court Surfing NBA news, scores and highlights.	Score Now			Score Now	Score Now		
sports	411	457	44 OLN	Operate-Repo	Operate-Repo	Ghost Hunters International	Destination Truth	Operate-Repo	Operate-Repo		
	417	406	48 SPEED	Countdown to Daytona (HDTV)	Countdown to Daytona (N)	Pass Time	NASCAR Hub	Countdown to Daytona (HDTV)	Daytona		
	552	543	20 YTV	iCarly	Drake & Josh	iCarly	Fries That?	Malcolm-Mid.	Hates Chris		
	557	541	39 FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana		
	555	545	67 TOON	Jimmy Two	Johnny Test	Scoby-Doo	Total Drama	Total Drama	6TEEN		
	575	583	11 CMT	According/Jim	According/Jim	Home Improve.	Home Improve.	Shaye: This Is It	Amer. Funniest Home Videos		
	553	546	17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)		
	505	398	19 TWN	EarthWatch One	EarthWatch One	Supernanny	Shopping Bags	Grocery Bag	Beauty Call		
	602	568	23 W	House-Sell	House-Sell	Little Couple	Little Couple	Cake Boss (N)	Cake Boss		
	521	560	24 TLC	19 Kids-Count	19 Kids-Count	Good Eats	Good Eats	Restaurant Makeover	Diner, Drive-In		
family	603	561	25 FOOD	Hell's Kitchen (N)	Hell's Kitchen (N)	Paranormal	Paranormal	Paranormal State (HDTV)	(10:01) Criminal Minds		
	615	520	26 A&E	Psychic Kids: Paranormal	Relic Hunter	Wedding SOS	Wedding SOS	ET Canada	What Happen?		
	617	522	32 SHOW	Trailer Park	Trailer Park	Wedding SOS	Wedding SOS	Spies Like Us ** (1985, Comedy)	(10:45) Howard the Duck		
	601	562	33 SLICE	Party Mamas	Wedding SOS	License to Drill "Last Dash"	Daily Planet	Destroyed	Destroyed		
	-	633	34 ENC2	Miss Spider	Miss Spider	Opera Under the Stars	Law & Order "Paranoia"	Without a Trace	Without a Trace		
	620	505	35 DISC	Destroyed	Destroyed	Ladder 49 ** (2004, Drama)	Joaquin Phoenix, John Travolta.	The Simpsons	South Park		
	620	523	36 BRAVO	Rita MacNeil	Rita MacNeil	Air Force	22 Minutes	Corner Gas	Name Is Earl		
	294	650	40 WPCB	Law & Order: Special Victims	Law & Order: Special Victims	Stargate SG-1	Stargate SG-1	UFC Unleashed	UFC Unleashed		
	-	539	42 TCM	(6) Ninotchka (DVS)	(6) Ninotchka (DVS)	Blue Mountain	Blue Mountain	UFC Unleashed	UFC Unleashed		
	628	584	43 SPIKE	UFC Unleashed	UFC Unleashed	Ancient Discoveries	Ancient Discoveries	Cities of the Underworld	Cities of the Underworld		
cable variety	522	516	45 HIST	Ancients Behaving Badly	Ancients Behaving Badly	Fringe "Jacksonville" (N)	Daylight ** (1996, Action) (HDTV)	Sylvester Stallone, Amy Brenneman.	Antwone F		
	627	528	46 SPACE	Medium (HDTV) (N)	Medium (HDTV) (N)	Daylight ** (1996, Action) (HDTV)	Sylvester Stallone, Amy Brenneman.	Antwone F	Antwone F		
	-	-	47 AMC	(6) Pitch Black (2000, Science Fiction)	(6) Pitch Black (2000, Science Fiction)	Parking Wars	Parking Wars	Rescue Ink	Dog Whisperer		
	619	525	49 TROP	End of Leash	End of Leash	House Hunters	House Hunters	Holmes on Homes	Million Dollar Listing		
	600	564	50 HGTV	Bang, Buck	Bang, Buck	CTV News	CTV News	CTV News	CTV News		
	501	391	52 CTV	CTV News Tonight	CTV News Tonight	Business News	Business News	Commodities	Commodities		
	504	508	70 BNN	Squeeze Play	Squeeze Play	Cold Case	Cold Case	Psychic Inv.	Ghostly Enc.		
	526	507	32 VIVA	The Closer "Afterlife"	The Closer "Afterlife"	Cashing In	Cashing In	Rabbit Fall	Blackfly		
	629	350	93 APTN	Fish Out of	Mixed Blessing	My Queen	My Queen	Immortal Yi, So	II Caffe		
	-	-	94 MCP	World News	World News	Hammering	Hammering	Gimme Sugar	Gimme Sugar		
cable variety	571	581	100 MMM	Hammering	Hammering	My Date With...	My Date With...	MuchMusic Countdown	MuchMusic Countdown		
	570	580	101 MM	My Date With...	My Date With...	Life of Ryan	Life of Ryan	Teen Mom (N)	Teen Mom (N)		
	581	566	102 MTV	Buried	Buried	ADN	ADN	Nouva	Nouva		
	-	-	116 TV5	Partir autrement	Partir autrement	ADN	ADN	Nouva	Nouva		
	-	-	-	-	-	ADN	ADN	Nouva	Nouva		
	-	-	-	-	-	ADN	ADN	Nouva	Nouva		
	-	-	-	-	-	ADN	ADN	Nouva	Nouva		
	-	-	-	-	-	ADN	ADN	Nouva	Nouva		
	-	-	-	-	-	ADN	ADN	Nouva	Nouva		
	-	-	-	-	-	ADN	ADN	Nouva	Nouva		

critics' corner

Style by Jury
Meet Tammy, a single mother who's struggled with a bad marriage, substance abuse and other challenges. She's been clean for eight years now, but she still needs a lot of work on her look if she's going to make a good first impression. It's one of the biggest challenges yet for host Bruce Turner and the rest of the makeover team in this new episode. 10:30 PM on W



The Good Wife
As Alicia defends a husband accused of murdering a baby sitter, she and her family prepare for the outcome of Peter's appeal and his potential homecoming in the new episode "Hi." Christine Baranski, Josh Charles and Matt Czuchy also star. 8 PM on CICT; 11 PM on KREM

The Biggest Loser
The contestants head to Colorado to train at an Olympic training facility, where they are welcomed by paralympic athlete Allison Jones and learn the game is going from teams to singles. Olympic skiers Julia Mancuso and Jeret "Speedy" Peterson help train the contestants. After a biathlon challenge, two more players are sent home. 9 PM on CKAL KHQ

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Eleven weeks after her spate of plastic surgery operations, Heidi Montag admits that the healing process isn't going so well. "I'm very fragile. I'm not in a great place right now," she tells People magazine. **METRO WORLD NEWS**

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk
with Lainey Lui

KRISTEN STEWART. Kristen Stewart is most famous for playing the mooning angstiest lovesick girl in love with a vampire in *The Twilight Saga*. Her romance with co-star Robert Pattinson has become an obsession among

Twihards the world over. Stewart however is a Hollywood

veteran with an impressive pre-Twilight resumé that includes films with Jodi Foster and Robert DeNiro. Here are three things you might not know about Kristen Stewart:

ONE Her favourite book is John Steinbeck's *East of Eden*. Her dream is to play Kate, a woman who abandons her children to run a brothel.

TWO Stewart and Joan Jett are very good friends. Jett has said herself that Stewart's portrayal of her in the upcoming biopic *The Runaways* is impressively uncanny.

THREE Stewart landed the role of Bella in *Twilight* on the recommendation of fellow actor Emile Hirsch with whom she worked in Sean Penn's adaptation of *Into the Wild*.

Lainey Lui is a reporter for etalk and runs the popular gossip site, *LaineyGossip.com*. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.



Gaga 'saved' by aunt's spirit

ELECTRO-ANGEL Lady Gaga was saved from cocaine addiction by the spirit of her dead aunt, female-first.co.uk reports. The eccentric star has revealed her life spiralled into a world of heavy drug use in a bid to replicate the lifestyles of her musical idols.

The singer would lock herself in her bedroom and snort "bags and bags" of cocaine for songwriting inspiration when she was starting out, but realized

she was jeopardizing her life when she recalled her aunt Joanne, who died at 19.

Gaga — real name Stefani Joanne Angelina Germanotta — said: "I thought I was going to die. I wanted to be the artists I loved, like Mick Jagger and Andy Warhol, and I thought the only way to do it was to live the lifestyle. My cocaine soundtrack was always *The Cure*.

I would lock myself in

my room and listen to *Never Enough* on repeat while I did bags and bags of cocaine.

"But then I realized my father's sister Joanne ... had instilled her spirit in me. She was a painter and a poet — and I had a spiritual vision I had to finish her business."

METRO NEWS SERVICES



Alba and Lohan BFFs?

THEIR CONVERSATIONS PROBABLY SOUND SOMETHING LIKE BEAKER AND BUNSEN FROM THE MUPPETS Just shy of her two-year anniversary, Jessica Alba is refuting rumours of a November kissing incident between her husband, Cash Warren, and Lindsay Lohan — and says she doesn't get as worked up about such tabloid "lies" as she used to, people.com reports.

"Lindsay's had to deal with this for so long," Alba, 28, tells the U.K. edition of *Cosmopolitan* for its March issue. "Everyone has to live their life, and that's what people forget when you're in this business — she's really nice. We hang out and chat for hours about girl stuff."

METRO NEWS SERVICES



'Lots of sex' in new Pattinson flick

AND I'M 100 PER CENT SURE THE PRODUCERS DIDN'T ASK HIM TO DISCUSS THIS AT ALL. NOPE. NOT EVEN ONCE. Robert Pattinson was nervous about his sex scenes with Uma Thurman in new movie *Bel Ami*, female-first.co.uk reports.

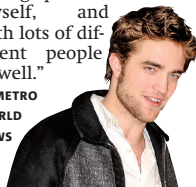
The *Twilight* actor gets hot and steamy with the screen beauty in the film but insists it was far from erotic because of the movie's plot.

"The sex scenes with Uma are kind of disturb-

ing," he said. "Her character Madeleine kind of uses sex as a sort of weapon and my character thinks like an animal."

"There are a lot of sex scenes in this film, so I'm asking quite a lot of myself, and with lots of different people as well."

METRO WORLD NEWS



Kardashian reacts to Saints' Superbowl win

NOW WE CAN ADD FOOTBALL ANALYSIS TO HER IMPRESSIVE LIST OF NON-TALENTS It turned out to be one Super Sunday for Kim Kardashian and her Super Bowl-winning beau Reggie Bush, of the victorious New Orleans Saints, people.com reports.

"I am so proud of Reggie and the Saints," an overjoyed Kardashian told *People*. "New Orleans

deserves this — it's such a huge accomplishment."

Kardashian made the Miami trip a family affair, bringing along mom Kris Jenner and brother Robert. The Saints' stunning 31-17 win over the Indianapolis Colts was the perfect ending to a long road that Kardashian witnessed firsthand. "Reggie has waited his whole life for this moment. It came and they conquered."

METRO WORLD NEWS



Swift 'too tall' for most guys

SEE? SHE'S EVEN MAKING POOR EDWARD OVER THERE LOOK LIKE WEBSTER Taylor Swift knows what she's looking for in a boyfriend, and it's not having to look down.

"The bad thing about being tall is the majority of people are at a different eye level than you,

and so you feel like you're looking down to talk to people, which is kind of unnatural," the 5'11" singer tells *OK! Magazine*. But being shorter than her isn't a deal-breaker, she insists.

METRO WORLD NEWS

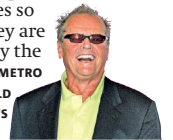


Jack's got his burial plotted out

WHY STOP THERE, JACK? I HEAR THERE'S A VACANCY ON MT. RUSHMORE Jack Nicholson isn't planning on kicking the bucket anytime soon, but he's already thinking about what he wants to happen to his body once he does.

"I've had several ideas. Once I thought it would be nice to be buried under a large statue that is at least ten meters high," Nicholson tells Germany's *Tele 5*. "Then I liked the nature of the Indians who haul their bodies up into the trees so that they are eaten by the birds."

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

SEAN "DIDDY" COMBS is tired, **LINDSAY LOHAN** is debunking tabloid reports, and **AMANDA BYNES** is trying not to alienate anyone. @iamdiddy I haven't slept in 78 hrs. I'm going sleep now @lindsaylohan I've never asked for a jet. With a bed on board to go to vienna hahahahahaha @amandabynes oh dear. now certain people are mad that i said i like chocolate versus vanilla. Vanilla's cool! Don't trip! I'm just really into chocolate



METRO WORLD NEWS



THREEELICIOUS*



a Little Piece of Happy.

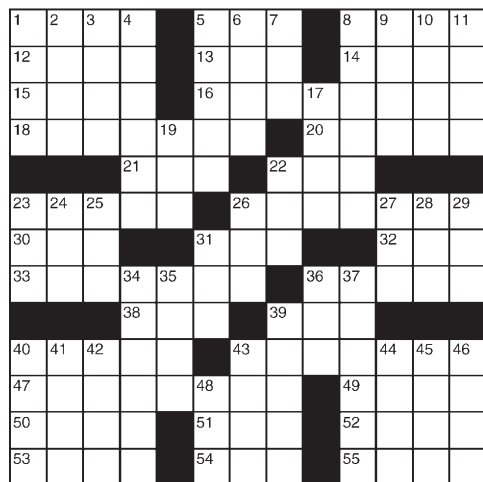


Andrew Schultz, Meteorologist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



ACROSS

- 1 Annoys
- 5 Possess
- 8 Engrossed
- 12 Minimal change
- 13 Actor McBride
- 14 Shrek is one
- 15 Bloodhound's clue
- 16 Rowing team's commander
- 18 Harmful
- 20 Contract's conditions
- 21 Christmas tree, often
- 22 Thesaurus wd.
- 23 Judge's prop
- 26 Steve Martin's take on the Cynano story
- 30 Praise in verse
- 31 Whatever number
- 32 Scull tool
- 33 Blood poisoning
- 36 Fencing move
- 38 Disencumber
- 39 Corral

- 40 Polygon calculations
- 43 Bill Amend's comic strip
- 47 Sports-page summary
- 49 — -tat-tat
- 50 Actress Falco
- 51 Owns
- 52 "Do — others ..."
- 53 Reply to "Shall we?"
- 54 Pigs' digs
- 55 Hollywood clasher

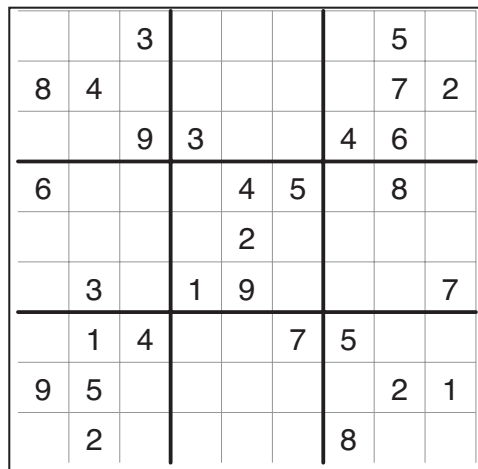
DOWN

- 1 PC picture
- 2 Start over
- 3 Kentucky fort
- 4 Discard
- 5 Happen
- 6 "Knock, knock, — there?"
- 7 Put the kibosh on
- 8 Ivanhoe's love
- 9 Culture medium
- 10 Stiffly neat
- 11 Sawbucks
- 17 Charon's river
- 19 Lubricate
- 22 Sauce source
- 23 Obtained
- 24 Commotion
- 25 Irritate
- 26 Genetic messenger
- 27 Opposite of "oui"
- 28 Kvetch
- 29 Before
- 31 Help
- 34 Obliterates
- 35 Catchall abbr.
- 36 Superman foe
- Luthor
- 37 False
- 39 Sentimentalized writings
- 40 First victim
- 41 Took the bus
- 42 Egress
- 43 "Animal House" group
- 44 Pealed
- 45 Director Pre-minger
- 46 New Mexico art colony
- 48 Surprise cries

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	7	5	9	3	1	2	8	6
2	3	8	6	7	5	4	1	9
1	6	9	4	8	2	3	7	5
3	8	2	1	5	4	6	9	7
9	1	7	3	6	8	5	2	4
5	4	6	7	2	9	8	3	1
8	9	1	5	4	3	7	6	2
6	5	3	2	1	7	9	4	8
7	2	4	8	9	6	1	5	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Mediterranean Burgers

INGREDIENTS:

- 1/2 lb (250 g) lean ground pork
- 1/2 lb (250 g) lean ground beef
- 2 cloves garlic, crushed
- 2 tbsp (25 ml) pine nuts, finely chopped
- 8 sun-dried tomatoes, chopped
- 2 tbsp (25 ml) fresh basil, chopped
- Black pepper to taste
- 4 hamburger buns

GARNISH:

- 4 cherry tomatoes, thinly sliced
- Salad greens of your choice

METHOD:

1. Mix ground pork and

beef with garlic cloves, pine nuts, sun-dried tomatoes and basil. Season with black pepper. Divide mixture into four and shape into burgers.

2. Broil or barbecue 10-12 minutes or until golden brown, turning once. Put patties onto buns along with some greens and sliced tomatoes, then serve with salad.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You may be low on enthusiasm at the moment but that's okay because this is a time for calm consideration rather than swift action.



TAURUS
APRIL 21-MAY 21
You may not be able to do as you please today but if it forces you to look for cheaper solutions it must be a good thing.



LIBRA
SEPT 23-OCT 23
You are who you are and there is no point trying to be someone different. Each sign has its good points and its bad points.



SCORPIO
OCT 24-NOV 22
Think deeply about what it is you want from life. According to the planets you can gain subtle insights into what the future has in store.



GEMINI
MAY 22-JUNE 21
If one of your more cherished opinions is challenged today, make sure you defend it all the way.



SAGITTARIUS
NOV 23-DEC 21
Don't travel too far from your home base today. You may want to be on the move but it won't be as easy as you think.



CANCER
JUNE 22-JULY 22
What you hear today may sound negative to begin with, but if you think about it a bit you will find yourself agreeing with much of it.



CAPRICORN
DEC 22-JAN 20
You are always concerned about your security and the Sun in Aquarius in recent weeks has heightened the awareness.



LEO
JULY 23-AUG 23
Today's cosmic picture means you will be obliged to defend a point of view from an attack you feel is unjustified.



AQUARIUS
JAN 21-FEB 18
You know what is going to happen next. You have been through similar scenarios to this one many times in the past.



VIRGO
AUG 24-SEPT 22
The one and only thing holding you back is fear, especially fear of the unknown. The way to overcome your fear is to force yourself to confront it.



PISCES
FEB 19-MARCH 20
There may be many explanations to what is going on in your world at the moment, but only one of them rings true.



This day in history

- 1943: Second World War: Allied authorities declare Guadalcanal secure after Imperial Japan evacuates its remaining forces from the island, ending the Battle of Guadalcanal.
- 1950: Second Red Scare: Senator Joseph McCarthy accuses the United States Department of State of being filled with Communists.
- 1964: The Beatles make their first appearance on The Ed Sullivan Show, performing before a "record-breaking" audience of 73 million viewers.
- 1971: Apollo program: Apollo 14 returns to Earth after the third manned moon landing.

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MEXICO

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(including service charges): \$281

Puerto Vallarta/Riviera Nayarit

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All-Inclusive
Junior suite tropical view
Mar. 8-31 • 1 wk.

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*Taxes & other fees
(including service charges): \$275
Please add \$50 for Sat. & Sun. departures

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Norwegian Jade
Mediterranean Cruise
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June 20 & 27 • 1 wk.

\$1769

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& FREE seat selection²

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(including service charges): \$493

Norwegian Cruise Line¹
Norwegian Sun
Baltic Capitals Cruise
Flights to London via Ottawa
Interior stateroom, cat. J
Aug. 3 • 12 nts.

\$2659

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& FREE seat selection²

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(including service charges): \$728

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